

Advisory Council on Aging and Disability Services

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Creating choices for elders and adults with disabilities in Seattle-King County
www.advisorycouncil.org

MAY 14, 2004

ADVISORY COUNCIL MEETING

Present Timmie Faghin, John Barnett, Adam John, Thelma Pegues, Martha Becker, Joanne Brekke, Gabe Cohen, John Holecek, Don Moreland, Suzanne Wiley and Lisa Yeager

Excused Larry Low, Larry Verhei, Will Parry, Helen Spencer, Alexandra Tu and Thelma Coney and Midge Levy

Absent Steve Colwell and Tom Ramussen

Guests Nancy Walton-House, Beruke Giday, Lorna Stone

ADS Staff Pam Piering, Rosemary Cunningham, Karen Winston, Mary Pat O'Leary, Ozell Bledsoe and Linda Wells

United Way Staff Linda Woodall

MINUTES

The Advisory Council meeting was held at City Hall in the City of Carnation. **Lisa Yeager** and **Isabel Jones** of Sno-Valley Senior Center welcomed and guided Council members, ADS staff and guests on a tour of the Senior Center.

Timmie Faghin, Chair convened the Advisory Council meeting in Carnation City Hall at 12:00 p.m. She thanked Lisa Yeager and Sno-Valley Senior Center staff for the guided tour and lunch. Timmie asked everyone attending to introduce themselves. She introduced guest speakers **Susan Snyder**, Director of Senior Wellness Project, **Karen Winston**, Planner, ADS Planning Unit and **Mary Pat O'Leary**, ADS Case Management Supervisor. Timmie asked if there were any request for changes to the order of the agenda. There were no requests for changes to the order of the agenda.

Timmie moved that, if there were no objections, the April 16, 2004 minutes be approved as submitted.

Approval of Minutes

Action Taken: It was moved/seconded and passed that the April 16, 2004 minutes be approved as submitted.

Program Topic:

CHRONIC DISEASE MANAGEMENT AND WELLNESS ENHANCEMENT

Susan Snyder provided a power point presentation of the Senior Wellness Project, a project designed to educate participants about lifestyles (i.e. smoking, lack of exercise, poor nutrition habits and social isolation) which lead to increased health problems and chronic diseases and to

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develop strategies which emphasize avoiding or managing disease. She delivered an overview highlighting the core programs including: 1] The Health Enhancement Program (HEP) 2] living a Healthy Life Workshop and 3] The Lifetime Fitness Program. The goal of HEP is to create a partnership among program participants, staff, and primary care physicians that will improve the health and functioning of participant seniors, as well as reduce participants' unnecessary medical care. HEP is a comprehensive health promotion program which includes an initial assessment, personal guidance, and support to older adults with chronic conditions. HEP encourages and supports seniors in making better choices about their own health. In addition, wellness sites typically offer the following: a walking program, daily hot lunch, nutrition and health education, interest groups and classes, volunteer opportunities, and assistance with transportation; Living a Healthy Life Workshop is a workshop designed to give older adults with chronic conditions the appropriate tools to manage their own health and maintain an active and fulfilling life. The workshop meets for 2 1/2 hours once a week for 6 weeks in a community setting such as a senior center, church, or library. Workshops are facilitated from a detailed manual by two trained leaders, one or both of whom are lay leaders with a chronic health condition themselves. Subjects covered include: techniques to deal with problems such as frustration, fatigue, pain and isolation; appropriate exercise for maintaining and improving strength, flexibility, and endurance; appropriate use of medications; communicating effectively with family, friends and health professionals; nutrition and making informed treatment decisions. The Lifetime Fitness Program is an exercise program for seniors which offer low-cost fitness classes taught by certified fitness instructors. The one-hour classes meet three times per week in ongoing five-week sessions. The classes include strength training with wrist and ankle weights, as well as aerobics, stretching, and balancing exercises. The program is designed to be safe and effective for seniors with a wide range of physical abilities. This program is a partnership between Senior Services of Seattle/King County, Group Health Cooperative of Puget Sound, and the University of Washington Health Promotion Research Center. Studies have shown a marked improvement in participants' physical and social functioning, as well as a decline in areas such as pain, fatigue, and depression.

Karen Winston and Mary Pat O'Leary gave a power point presentation overview of the Aging and Disability Services Chronic Disease Registry objectives: 1] to increase the number of long-term care case management clients with chronic disease (such as Diabetes, Hypertension and Chronic Obstructive Pulmonary Disease - COPD) under control and, 2] to increase physical activity, 3] improve diet, 4] reduce weight, and 5] lower high blood pressure. The key partners with Aging and Disability Services include Seattle & King County Public Health, Racial and Ethnic Approaches to Community Health Coalition (REACH), University of Washington School of Rehabilitative Medicine, American Diabetes Association and Comprehensive Health Education Foundation (CHEF). Mary Pat reported on two intervention methods: 1] medical nutrition therapy, an approach to provide nutrition home visits for seniors with diabetes, and 2] physical activity/exercise (Project Home Stretch), a program to assist ADS Case Management Program clients who have been diagnosed with diabetes become more active to improve their strength, balance and mobility. Mary Pat concluded by sharing statements from clients acknowledging how they have benefited from the ADS Chronic Disease Registry program.

BUSINESS MEETING

Director's Report

Pamela Piering

Pamela Piering reported on the National Association of the Area Agency on Aging (N4A) efforts to gain support from congressional delegates to sign a letter requesting the head of CMS to consider funding the Information and Assistance Program to provide outreach and information related to the new Medicare Benefits. Seven of nine Washington delegates have signed the letter. She also provided updates on other national, state and local issues including a national effort to increase evidence based Healthy Enhancement Programs across the country. She thanked Council members for their advocacy work on the Case Management Program by urging the state to revise its ratio of clients to Case Managers, creating a flexible fund for grandparents raising grand children to increase access to services. The City of Seattle 2005 budget is \$24 million in the red increasing the likelihood of services cuts (unless there is a revenue turnaround) when the Mayor announces his budget in September 2004.

Dr Alyssa Dirienzo, Naturopathic Physician, Bastyr University

Dr Dirienzo provided information about the Naturopathic Clinic at Sno-Valley Senior Center including: free general care services to the whole community, from 12:30-3:30 pm each day. For more information call (425) 333-4152.

Old Business

Report from By-Laws Committee

Joanne Brekke

Joanne reported on line-item changes made in the by-laws and the new "code of ethics" form. Copies of the updated By-Laws and the "code of ethics" form were distributed to members for review and discussion. Council members suggested additional changes to the By-Laws in articles VI, VIII and XI. Council members also recommend striking the word "confidential" from the code of ethics form.

Action Taken: It was moved/seconded and passed that members read the By-Laws and code of ethics and vote on them at the next meeting.

New Business

Timmie circulated a Thank You card requesting Council members to sign it for former member and past Chair Cleo Corcoran.

Adam John was voted to represent the City of Seattle on the Nominating Committee.

- 2004-2005 Nominating Committee Members

City of Seattle - **Adam John**

United Way - **Suzanne Wiley**

King County – **Gabe Cohen**

New Member Orientation:

Ozell Bledsoe announced the next scheduled orientation will be rescheduled to June (date to be determined) and made a request for members to serve as mentors. Members made several suggestions including: rescheduling the orientation after the Memorial Day weekend when, possibly having it on June 11th after the regular Advisory Council meeting and waiting until after the by-laws have been approved. John Holecek, Suzanne Wiley and Gabe Cohen agreed to be mentors.

Committee and Task Force Reports

State Council on Aging:

Joanne Brekke reported that she did not attend the State Council on Aging meeting last month.

Planning and Allocation Committee:

Karen Winston reported that the Planning and Allocation Committee members visited the Chinese Information Service Center and **Timmie** reported she visited the Geriatrics Regional Assessment Team (GRAT) facility and the Southeast Senior Center to learn more about their services.

Outreach and Advocacy:

Gabe Cohen reported on Outreach and Advocacy issues under consideration including the Health Care Access Resolution (H.CON.RES.99) in the House of Representatives and (S.CON.RES.41) in the Senate. The joint committee recommends Council members urge members of Congress to sponsor the legislation so that millions of Americans will have health insurance coverage. See Gabe's full report attached.

Health Care Task Force:

Don Moreland reported the Legislative Forum planning subcommittee met and decided the forum will be held Wednesday, September 29th in the Seattle Center Olympia Room. The theme is "No Person Left Behind".

Technology Committee:

Rosemary Cunningham reported the Technology Committee will meet at 10:00 am in the Alaska Building 10th floor conference room on Monday, May 17th.

The meeting was adjourned at 2:30 p.m.

NEXT MEETING

Topic: Cultural Competence: Racial and Ethnic Health Disparities

Friday, June 11, 2004
12:00 – 2:00 p.m.
13th Floor Conference Room
Alaska Building
618 Second Ave, Seattle, WA 98104
www.adsadvisorycouncil.org

Timmie Faghin, Chair _____ Approved 6/4/04